

Your

# MEDICAID

## CONNECTION

Fall 2014



Healthy Connections  
CHECKUP



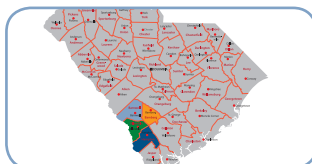
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### PAGES 3-5 HEALTHY CONNECTIONS CHECKUP



### PAGE 5 WALMART CARE CLINICS OPEN IN SOUTH CAROLINA



### PAGE 6 TELEMEDICINE



### PAGES 7-8 ONLINE APPLICATIONS



### PAGES 9-10 AVOID TOBACCO FOR BETTER HEALTH



## Improving Access to Care

If you or a member of your family has sought health care services recently, you understand that access to these services is just as important as having health care coverage itself.

When there aren't convenient, timely options to obtain health services, the benefits of coverage are limited.

This is why we're working to make more resources available to you, our members, and improving access to care.

For example, last summer, we worked with Walmart to help the company open two Care Clinics, the first of their kind in South Carolina.

These clinics, located in Sumter and Florence, offer convenient access to health care services that you need to keep your family healthy. We understand that providing health services where you work and live helps you stay on top of your health conditions. You can read more about these new clinics on page 5.

Next, we've worked to improve access to care for pregnant women living in certain rural areas of the state.

We've done this through "telemedicine," which allows patients to meet with physicians remotely. Audio and video equipment brings these patients and health care providers together, even when both parties are physically far apart. You can read more about telemedicine on page 6.

Finally, if you are reading this, you or someone in your family likely has Medicaid coverage. But chances are you also know someone who doesn't qualify for full Medicaid benefits. There is a different Medicaid option available for many of these individuals which provides family planning services and health screenings for diabetes, high blood pressure and breast, cervical and colon cancer, among others. The program is called Healthy Connections Checkup (Checkup). You can read more about the program on the next page of this newsletter.

We know that Checkup can make a positive difference in the health of many South Carolinians. I urge you to tell your family and friends about Checkup, and follow-up by asking them to apply. Together, we can improve access to health services in our state.



Anthony "Tony" Keck



Anthony "Tony" Keck  
Healthy Connections  
Director

## Healthy Connections Checkup: Enhanced Services Now Available

Healthy Connections has added to our Family Planning benefit and now offers screenings and a physical exam. We still cover birth control and now also cover:

- Physical Exams (once every two years)
- Diabetes Screenings
- Cholesterol Screenings
- Many More!

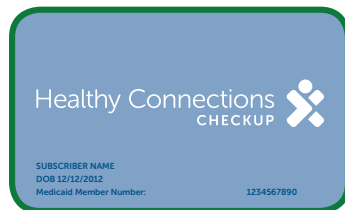
Along with these changes, the name of the Family Planning benefit has changed to Healthy Connections Checkup (Checkup). Checkup offers limited benefits and is not full Medicaid. Because the income level requirements are different, you may qualify for Checkup even if you do not qualify for full Medicaid. Individuals who may be eligible for Checkup must:

- Be a South Carolina resident
- Be a U.S. citizen or Lawful Permanent Resident Alien
- Have a Social Security Number or verify an application for one
- Be ineligible for full Medicaid coverage under any other eligibility category
- In addition, to be eligible for Checkup, your family's income cannot exceed these levels:

Family Size	Checkup Income Limits (194% of Federal Poverty Level)	
	Monthly Income	Annual Income
1	1,886.65	22,639.80
2	2,543.02	30,516.20
3	3,199.38	38,392.60
4	3,855.75	46,269.00
5	4,512.12	54,145.40
6	5,168.48	62,021.80
7	5,824.85	69,898.20
8	6,481.22	77,774.60
Each Additional Member	656.37	7,876.40

# Your MEDICAID

New Checkup member ID cards (pictured at right) will be mailed out beginning in September. Cards will be sent not only to current Family Planning members, but also new Checkup members. Current Family Planning members may present their current member ID cards to providers and receive all services provided through Checkup while waiting for their new Checkup cards to arrive.



For more information on Checkup or to apply, please visit [scdhhs.gov](http://scdhhs.gov) or call Member Services at (888) 549-0820.

For your convenience, here are some frequently asked questions and answers about Checkup:

### ***What if my doctor identifies a health problem during my physical exam or annual family planning visit?***

If a health problem is identified during a Checkup physical examination or annual family planning visit, doctors can refer Checkup members to a health care provider that can offer subsidized or free care based on income.

### ***Where can I find a Healthy Connections Checkup provider?***

Many providers, including private practices, public health clinics, federally qualified health centers, rural health centers and other clinics, offer Checkup services. For a complete listing of Medicaid providers, please visit the Enrolled Providers section of the South Carolina Department of Health and Human Services (SCDHHS) website at [scdhhs.gov](http://scdhhs.gov). Providers of Checkup services can be found by searching the “medical clinic,” “medical professional,” “physician” and “physician group” provider types on the provider search page of the website. You should call a provider first to make sure they are able to provide you services. You can also call member Services at (888) 549-0820 to get help finding a provider.

### ***What services are not covered under Checkup?***

Many services are not covered under Checkup. Since Checkup is not the same as full Medicaid benefits, services such as emergency room visits, medication and sick visits are not covered. Checkup coverage does not include treatment for routine side effects or complications associated with family planning methods.

### ***How can I get health insurance for services that aren’t covered under Healthy Connections Checkup?***

For more information about health insurance coverage options, visit [healthcare.gov](http://healthcare.gov).

### ***Where can I go to receive subsidized or free health care services?***

There are many sources of subsidized or free health care services in South Carolina. These sources, listed below, can provide services that are not covered under Healthy Connections Checkup. For more information about subsidized or free health care, please call Member Services at (888) 549-0820.

- Clinics
- Federally Qualified Health Centers
- Rural Health Centers

## **Two Walmart Care Clinics Open in South Carolina**

There’s a new, convenient way to keep your family healthy and get the health care services you need. Walmart recently opened two Walmart Care Clinics in South Carolina. These clinics see patients seven days a week. The Walmart Care Clinics, located in Florence and Sumter, will provide:

- Well visits
- Health screenings for conditions such as diabetes
- Immunizations
- Treatment of sicknesses such as the flu, strep throat and earaches
- Management of chronic conditions such as diabetes and high blood pressure



In addition, the nurse practitioners who provide services at the Care Clinics will be able to refer patients to other doctors for treatment and write prescriptions.

Both of the clinic locations opened July 31.

“Health services being in the community where people work, live and play makes it easier for people to manage their health conditions,” said Healthy Connections Director Tony Keck.

The Care Clinics are open Monday through Friday from 8 a.m.–8 p.m., Saturday from 8 a.m.–5 p.m. and Sunday from 10 a.m.–6 p.m. The clinics accept both walk-ins and appointments. Anyone over the age of two can be treated at the clinics. For your first visit, all you need to bring is a photo ID and a list of your and/or your loved one’s current medications.

# Your MEDICAID

An office visit to a Care Clinic costs \$40. Health screenings and tests cost additional money. Healthy Connections Medicaid Fee for Service is accepted at the clinics. If you want to know if your Medicaid plan is accepted, please contact your local Walmart Care Clinic.

## Walmart Care Clinics in SC

### Walmart Supercenter

(803) 905-5528

1238 Broad St.

Sumter, SC 29150

### Florence Walmart Supercenter

(843) 773-3016

230 N. Beltline Dr.

Florence, SC 29509

## Four Counties Add Access to Prenatal Care Through Telemedicine

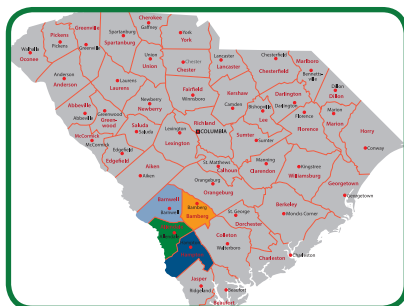
If you are pregnant and live in Allendale, Bamberg, Barnwell or Hampton counties, you no longer have to travel far to receive quality prenatal care.

These four counties in South Carolina do not have any OB/GYN doctors. This means, until recently, women in these rural areas had to travel to another city to receive the appropriate care to help make sure they had a healthy baby.

Telemedicine will allow patients to visit with physicians using audio and video equipment for immediate, quality care. Telemedicine uses live or “real-time” video that allows a provider, patient and specialist to communicate together to discuss the pregnancy and ways to keep both mother and baby healthy. Telemedicine is the remote diagnosis and treatment of patients at a distance through the use of telecommunications technology.

The following practices in these four counties will now be able to see patients and offer prenatal health care using telemedicine:

- Bamberg Family Practice
- Barnwell Family Medicine
- Blackville Medical Clinic (Barnwell)
- Carolina Medical Associates (Allendale)



- Coastal Plains Primary Care (Hampton)
- Harrison Peeples Health Care Center (Hampton)
- Low Country Health Care System Fairfax (Allendale)
- Padgett Medical Center (Bamberg)
- RMC Primary Care Bamberg
- RMC Primary Care Denmark (Bamberg)

These practices are partnering with OB/GYN practices in neighboring counties and maternal-fetal medicine specialists from the Medical University of South Carolina and the University of South Carolina School of Medicine to offer these health care services.

If you are interested in learning more about participating in a telemedicine program for your prenatal health care, please contact one of the participating providers in your area listed above.

## Online Medicaid Applications and the Federal Marketplace

Our new online application site, located at [apply.scdhhs.gov](https://apply.scdhhs.gov), enables us to simplify the Medicaid application process and provide 24/7 online self-service. As a current member, you do not need to reapply. But the site can still help you and your family in other ways.

You can:

- Use our assessment tool to see if your family members may qualify for Medicaid
- Get answers to common questions
- Find contact information for South Carolina Healthy Connections and the Marketplace

If you need help with our online Medicaid application process or have other Medicaid questions, Healthy Connections call center staff are available at (888) 549-0820 from 8 a.m.-6 p.m. Monday through Friday.

Even though you have Medicaid coverage, your coverage may not meet the federal Affordable Care Act’s definition of minimum essential coverage. Individuals covered under the



Healthy Connections Checkup program (see page 3 for more information on this program) and pregnant women covered under Medicaid's Pregnant Women and Infants Category are not considered to have minimum essential coverage. This means you may have to pay a tax penalty if you do not have other health insurance coverage. Some individuals may be eligible for an exemption from this penalty. To learn more about health insurance coverage options or qualifying for an exemption, visit [healthcare.gov](http://healthcare.gov) or call (800) 318-2596.

## Changes to Home and Community-Based Services

*Healthy Connections Communities: Independent • Integrated • Individual*

Healthy Connections is using a new Home and Community-Based Services rule to guide how we look at the experience people have with home and community-based services. The new rule was issued by the federal government. The process of changing how home and community-based services are delivered will take some time. SCDHHS is committed to keeping you informed about this process.

Services provided through the following waiver programs will be reviewed and may be updated:

- Intellectual Disabilities and Related Disabilities waiver (ID/RD)
- Community Supports waiver (CS)
- Head and Spinal Cord Injury waiver (HASCI)
- Pervasive Developmental Disorder waiver (PDD)
- Community Choices (CC) waiver in Community Long Term Care (CLTC)
- Medically Complex Children's waiver (MCC)
- HIV/AIDS waiver
- Mechanical Ventilator waiver
- Children's Health Access in Community Environments (CHANCE) Waiver

Healthy Connections will create a South Carolina Transition Plan as part of this process. We want your ideas on this plan. You can share your ideas on our website at [scdhhs.gov/hcbs](http://scdhhs.gov/hcbs) and at public meetings. Information on these meetings can also be found at [scdhhs.gov/hcbs](http://scdhhs.gov/hcbs).

The transition plan must be completed by the end of January 2015, so you should share your ideas and comments soon.

What does the new home and community-based services rule do?

- Supports better quality in services and adds protections for you
- Makes sure that you are able to receive services in the most integrated setting
- Focuses on where you live, and where, how and with whom you spend the day
- Increases chances for you to live in the community
- Gives Healthy Connections flexibility to consider local communities when adapting and updating services

The new HCBS rule presents an opportunity to improve services in South Carolina. The standard was not created to take anything away. It is meant to allow you to have more say in your own services and become closer to your community.

## Avoid Tobacco for Better Health

Eliminating tobacco use – or not starting at all – is a simple step you can take toward a healthier life. Tobacco use is responsible for nearly one in five deaths in the United States. Because smoking cigarettes or using other forms of tobacco is an activity people choose to do, smoking is the most preventable cause of death.



It's widely known that smoking is terrible for your health.

However, what's not as widely known is that all forms of tobacco are harmful, not just cigarette smoke. A substance in all tobacco products, nicotine, is highly addictive. Tobacco also contains other toxins. So the best approach for your health is not to use tobacco products at all.

Forms of harmful tobacco include cigars and smokeless or spit tobacco. Some people mistakenly view smoking cigars as classier and less dangerous than smoking cigarettes. But



cigars are tobacco, and they are dangerous to your health. And like cigarettes, cigars give off secondhand smoke, which can fill a room for hours and create an unhealthy environment for others. Smokeless or spit tobacco deliver nicotine to your body in a different way, but the resulting nicotine addiction is the same. Less is known about the health effects of e-cigarettes because they are new. E-cigarettes still deliver nicotine, but they do not contain tobacco. The health effects of e-cigarettes are not fully understood at this time.

If you're a tobacco user and need help quitting, there are resources available to help you. The The SC Tobacco Quitline offers a range of tobacco treatment services. The Quitline can be reached at (800) 784-8669. Medicaid members can get five free counseling sessions from the Quitline at no cost. Alternatively, many websites can provide assistance to help you quit and stay smoke free. An example of one of these sites is [smokefree.gov](http://smokefree.gov). You can also make an appointment with a doctor who may be able to provide additional resources that can help you quit using tobacco.

## Eating Healthy When Dining Out

Eating at or picking up food from a restaurant can be convenient, fun and even a necessity for people with busy schedules. But many restaurants, especially those that sell fast food, prepare many items on their menus with unhealthy ingredients. These ingredients, including heavy amounts of salt, sugar and unhealthy fats, can be bad for your health when eaten frequently. Home-cooked meals without too much of these ingredients are almost always healthier than restaurant meals.



But if you are going to eat out, there are ways to make healthier choices. Many restaurants display nutrition information on their menus or will point you to where you can find nutrition information that can help you choose healthier foods. Most restaurants offer healthier options. Once you find restaurants that serve healthier options you like, visit those restaurants instead of others that don't serve healthier foods. Choosing to eat healthier will pay off. You'll have more energy and have a head start in fighting off a wide range of health problems.


## Members Can Now Update Their Information Through the Call Center

It is important to keep your key Medicaid information up to date. Members can now update their contact information by calling the Healthy Connections Member Services Center. The call specialist will note your updated information, such as an address change or a change in your income, and immediately change it. The number is (888) 549-0820.





## Have Questions or Need Help? Keep in Touch With Us!


Use the phone numbers and websites below to call us for information, ask for help or keep up with the latest Healthy Connections news and information.

 **Healthy Connections Member Services Center** ..... (888) 549-0820  
(8 a.m.-6 p.m. Monday-Friday)

 **Healthy Connections Website** ..... [scdhhs.gov](http://scdhhs.gov)

 **Like us on Facebook** ..... [facebook.com/scmedicaid](https://facebook.com/scmedicaid)

 **Follow us on Twitter** ..... [twitter.com/scmedicaid](https://twitter.com/scmedicaid)

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